



tai CHENG™



✓ CHECK OFF YOUR PROGRESS

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 1	DISC 1 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • STANDING STANCES • LIFT & LOWER 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • PHOENIX TAIL 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • WARD OFF ● QI GONG <ul style="list-style-type: none"> • ENERGIZING SERIES 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • PULL BACK 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • PRESS 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEPARATE & PULL
WEEK 2	DISC 2 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • LIFT & LOWER • PHOENIX TAIL COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • WARD OFF • PULL BACK COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • PRESS • SEPARATE & PULL COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • LIFT & LOWER • PHOENIX TAIL COMBO ● QI GONG <ul style="list-style-type: none"> • ENERGIZING SERIES 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • WARD OFF • PULL BACK COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • PRESS • SEPARATE & PULL COMBO
WEEK 3	DISC 3 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1 ● QI GONG <ul style="list-style-type: none"> • ENERGIZING SERIES 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1 ● QI GONG <ul style="list-style-type: none"> • ENERGIZING SERIES 	<ul style="list-style-type: none"> ● NEURAL REBOOT 1 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 1

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WEEK 4	DISC 4 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • PUSH ● QI GONG <ul style="list-style-type: none"> • LEVEL 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SINGLE WHIP 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • RAISE HAND ● QI GONG <ul style="list-style-type: none"> • LEVEL 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • PULLING KNEE 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • BEAR COMES OUT OF CAVE 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • WHITE CRANE SPREADS WINGS
WEEK 5	DISC 5 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • PUSH • SINGLE WHIP COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • RAISE HAND • PULLING KNEE COMBO ● QI GONG <ul style="list-style-type: none"> • LEVEL 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • BEAR • WHITE CRANE COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • PUSH • SINGLE WHIP COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • RAISE HAND • PULLING KNEE COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • BEAR • WHITE CRANE COMBO ● QI GONG <ul style="list-style-type: none"> • LEVEL 1
WEEK 6	DISC 6 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 ● QI GONG <ul style="list-style-type: none"> • LEVEL 1 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 	<ul style="list-style-type: none"> ● NEURAL REBOOT 2 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 2 ● QI GONG <ul style="list-style-type: none"> • LEVEL 1

TAI CHENG IS A 90-DAY PROGRESSION TOWARD MASTERING MOVES INTENDED TO CENTER AND STRENGTHEN YOUR BODY.

ON DAY 7, TAKE THE DAY OFF OR DO THE QI GONG SEQUENCE.

VISIT TEAMBEACHBODY.COM OR BEACHBODY.COM TODAY FOR MORE EXCITING PRODUCTS.

Consult your physician and follow all enclosed safety and other instructions before beginning this or any exercise program.

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WEEK 7	DISC 7 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • DOUBLE DUTCH BRUSH KNEE & PUSH 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • PLAY THE PIPA ● QI GONG <ul style="list-style-type: none"> • LEVEL II 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SHEATHING SWORD 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • DIAGONAL PUNCH KICK W/ CHECK & PUNCH 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • WITHDRAW & SEAL ● QI GONG <ul style="list-style-type: none"> • LEVEL II 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • CROSS HANDS ● QI GONG <ul style="list-style-type: none"> • LEVEL II
WEEK 8	DISC 8	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • BRUSH KNEE • PLAY THE PIPA COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SHEATHING SWORD • DIAGONAL PUNCH KICK COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • WITHDRAW & SEAL • CROSS HANDS COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • BRUSH KNEE • PLAY THE PIPA COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SHEATHING SWORD • DIAGONAL PUNCH KICK COMBO 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • WITHDRAW & SEAL • CROSS HANDS COMBO
WEEK 9	DISC 9 & QI GONG	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 ● QI GONG <ul style="list-style-type: none"> • LEVEL II 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 	<ul style="list-style-type: none"> ● NEURAL REBOOT 3 ● TAI CHI <ul style="list-style-type: none"> • SEQUENCE 3 ● QI GONG <ul style="list-style-type: none"> • LEVEL II

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

WEEK
10

DISC 10

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
[WITH YELLOW BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
[WITH YELLOW BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
[WITH YELLOW BAND & GLOVES]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
[WITH YELLOW BAND & GLOVES]

WEEK
11

DISC 11

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3
[WITH GREEN BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3
[WITH GREEN BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3
[WITH GREEN BAND & GLOVES]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 2
 - SEQUENCE 3
[WITH GREEN BAND & GLOVES]

WEEK
12

DISC 12

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3
[WITH RED BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3
[WITH RED BAND]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3
[WITH RED BAND & GLOVES]

- NEURAL REBOOT 4
- TAI CHI
 - SEQUENCE 1
 - SEQUENCE 2
 - SEQUENCE 3
[WITH RED BAND & GLOVES]

WEEK
13

MASTER CLASS

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[SLOW]

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[MODERATE]

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[FAST]

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[SLOW]

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[MODERATE]

- NEURAL REBOOT 4
- TAI CHI
 - ALL 18
[FAST]